

Child and Adult Care Food Program (CACFP)

MEAL PATTERN IMPLEMENTATION OPTION SELECTION FORM

For Child Care Centers and Family Day Care Home Sponsors

USDA Final Rule *Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010*

INSTRUCTIONS

Before completing this form, review the Connecticut State Department of Education's (CSDE) [operational memorandum No. 13C-16 and 13H-16](#) and accompanying handouts, *Options for Early Implementation of the New Meal Pattern Provisions for the CACFP* for [infants](#) and [children](#), for detailed guidance on the early implementation options. This form consists of the four sections below.

- **Section 1 – Sponsor Information (page 1):** Indicate the CACFP institution's name and agreement number.
- **Section 2 – Selected Option (pages 2-3):** Select the **one** option that will be used by the CACFP institution or sponsor:
 - Option 1 – Specific Provisions (see page 2);
 - Option 2 – Entire Meal Pattern (see page 3); or
 - Option 3 – No Change (see page 3).

CACFP sponsors with multiple centers must choose the same option for all centers. CACFP family day care home sponsors must choose the same option for all family day care homes.

- **Section 3 – Ensuring Compliance (page 4):** This section describes how the CACFP institution or sponsor will fully train staff and successfully implement and monitor all updated meal pattern requirements, and provides information on all CACFP staff who attended the CSDE workshop on the new CACFP meal patterns. **Note:** *Complete this section only if the CACFP institution or sponsor is choosing either option 1 or 2.*
- **Section 4 – Authorized Representative Signature (page 5):** One of the CACFP institution's authorized representatives must sign and date the form.

CACFP institutions and sponsors may begin to implement option 1 at any time, as long as all required provisions of the new meal pattern are in place by October 1, 2017. CACFP institutions and sponsors may begin to implement option 2 at any time prior to October 1, 2017, only after receiving approval from the CSDE. CSDE approvals will be on a case-by-case basis, and only for CACFP sponsors that can demonstrate their capacity to fully train all staff/providers and successfully implement and monitor all updated meal pattern requirements.

Submit the completed form to the CSDE by e-mail to maria.santini@ct.gov, by **December 31, 2016**.

SECTION 1 – SPONSOR INFORMATION

Sponsor Name: _____

Agreement
Number: _____

SECTION 2 – SELECTED OPTION

The CACFP institution or sponsor listed on page 1 agrees that all centers/homes will use the option below for implementation of the U.S. Department of Agriculture's (USDA) updated CACFP meal patterns for children and infants.

Check (☑) one option.

- ☐ **Option 1 – Specific Provisions:** Implement the current CACFP meal patterns for children and infants, plus all provisions of the new CACFP meal patterns for children and infants that are consistent with the current meal patterns, as outlined in *Options for Early Implementation of the New Meal Pattern Provisions for the CACFP*, for [infants](#) and [children](#). CACFP institutions and sponsors may begin to implement this option at any time, as long as all required provisions of the new meal pattern are in place by October 1, 2017.

Complete questions A and B below. Complete section 3 (page 4) and section 4 (page 5), and attach a menu that reflects the new requirements.

A. Intended **start date** for Option 1: _____

B. **Check all provisions** that will be implemented at all centers under the CACFP institution or at all day care homes under the family day care home sponsor on the start date indicated above.

Meal Pattern for Children (Ages 1-12)		Meal Pattern for Infants (0-11 Months)
<input type="checkbox"/> 1. Prohibits flavored milk for ages 1-5.	<input type="checkbox"/>	1. Reimburses infant meals when the mother breastfeeds on site.
<input type="checkbox"/> 2. Allows fat-free flavored milk for ages 6 and older. <i>Note: USDA best practice recommends serving only unflavored milk</i>	<input type="checkbox"/>	2. Allows yogurt, whole eggs, and ready-to-eat cereals with no more than 6 grams of sugar per dry ounce for developmentally ready infants.
<input type="checkbox"/> 3. Requires at least one daily serving of whole grain-rich foods.	<input type="checkbox"/>	3. Requires a vegetable or fruit, or both, to be served at snack for infants ages 6-11 months.
<input type="checkbox"/> 4. Allows meat and meat alternates in place of the entire grains component at breakfast up to three times per week.	<input type="checkbox"/>	4. Eliminates fruit juice as a creditable component in the infant meal pattern.
<input type="checkbox"/> 5. Allows tofu and soy yogurt to credit as meat alternates.	<input type="checkbox"/>	5. Eliminates cheese food and cheese spread as creditable components in the infant meal pattern
<input type="checkbox"/> 6. Eliminates grain-based desserts from the grains component.		
<input type="checkbox"/> 7. Requires breakfast cereals to contain no more than 6 grams of sugar per dry ounce.		
<input type="checkbox"/> 8. Requires yogurt to contain no more than 23 grams of sugar per 6 ounces.		
<input type="checkbox"/> 9. Limits juice to no more than one meal per day, including snack.		
<input type="checkbox"/> 10. Prohibits deep-fat frying foods on-site, i.e., cooking by submerging food in hot oil or other fat.		

MEAL PATTERN IMPLEMENTATION OPTION SELECTION FORM, continued

- ☐ **Option 2 – Entire Meal Pattern:** Implement all provisions of the new CACFP meal patterns for children and infants (if applicable) in their entirety, including all provisions below, as outlined in *Options for Early Implementation of the New Meal Pattern Provisions for CACFP Child Care Centers and Family Day Care Homes*. CACFP institutions may begin to implement this option prior to October 1, 2017, only after receiving approval from the CSDE.

Complete questions A below. Complete section 3 (page 4) and section 4 (page 5), and attach a menu that reflects the new requirements.

A. Intended **start date** for Option 2: _____

Meal Pattern for Children (Ages 1-12)	Meal Pattern for Infants (0-11 Months)
<ol style="list-style-type: none"> 1. Prohibits flavored milk for ages 1-5. 2. Allows fat-free flavored milk for ages 6 and older. <i>Note: USDA best practice recommends serving only unflavored milk</i> 3. Requires at least one daily serving of whole grain-rich foods. 4. Allows meat and meat alternates in place of the entire grains component at breakfast up to three times per week. 5. Allows tofu and soy yogurt to credit as meat alternates. 6. Eliminates grain-based desserts from the grains component. 7. Requires breakfast cereals to contain no more than 6 grams of sugar per dry ounce. 8. Requires yogurt to contain no more than 23 grams of sugar per 6 ounces. 9. Limits juice to no more than one meal per day, including snack. 10. Prohibits deep-fat frying foods on-site, i.e., cooking by submerging food in hot oil or other fat. 11. Allows juice to fulfill the entire vegetable component or fruit component. 12. Permits parents and guardians to provide one meal component for participants with nondisability medical or special dietary needs. 13. Extends offer versus serve to at-risk afterschool programs (<i>at-risk afterschool child care centers only</i>). 	<ol style="list-style-type: none"> 1. Reimburses infant meals when the mother breastfeeds on site. 2. Allows yogurt, whole eggs, and ready-to-eat cereals with no more than 6 grams of sugar per dry ounce for developmentally ready infants. 3. Requires a vegetable or fruit, or both, to be served at snack for infants ages 6-11 months. 4. Eliminates fruit juice as a creditable component in the infant meal pattern. 5. Eliminates cheese food and cheese spread as creditable components in the infant meal pattern 6. Requires breast milk and infant formula for infants from birth through 5 months. 7. Requires two age groups instead of three: 0-5 months and 6-11 months. 8. Requires solid foods to be gradually introduced around 6 months of age, as developmentally appropriate.

- ☐ **Option 3– No Changes:** Continue to implement the current CACFP meal patterns for children and infants (if applicable) without any changes through September 30, 2017, and begin full implementation of all provisions of the new meal patterns on October 1, 2017.

SECTION 3 – ENSURING COMPLIANCE

- A. CACFP institutions or sponsors selecting either option 1 or 2 must complete this section. Describe how the CACFP institution or sponsor will fully train all staff/providers and successfully implement and monitor all updated meal pattern requirements. Attach additional page if needed.

- B. Indicate the names and titles of all CACFP staff who attended the CSDE workshop on the new CACFP meal patterns, and the date attended. Attach additional page if needed.

Name of CACFP Staff	Title	Date Attended Workshop

- C. Attach a menu that reflects the new requirements of option 1 or 2.

SECTION 4 – AUTHORIZED REPRESENTATIVE SIGNATURE

Name (print): _____

Signature_____
Date

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- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;*
- (2) fax: (202) 690-7442; or*
- (3) email: program.intake@usda.gov.*

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FOR CSDE USE ONLY

Approved for: ☐ Option 1 ☐ Option 2 ☐ Option 3_____
CSDE CACFP Consultant_____
Date

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